

# Facets

JULY 2010

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excursions near & far**





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.....  
**Amy Clark** RD, LD





# WELCOME TO Facets

Fac-et - n.

1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.

FACETS IS A PUBLICATION OF THE TRIBUNE  
(515) 232-2160 | 317 5th Street | Ames, IA 50010

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Cover photo by Ronnie Miller/Facets

David Wallace, 13, of Ames, shoots out the drop slide and into the pool May 29 as he plays at the new Furman Aquatic Center in Ames.

Debra Atkinson, M.S., CSCS, graduated from Iowa State where she's also taught in the department of kinesiology for 12 years. She has been a fitness professional — writing, speaking and practicing for 25 years. She runs, bikes, swims and plays golf in Ames with her son and Old English Sheepdog.

Peggy Best is an administrative specialist for the Center for Crops Utilization Research and the BioCentury Research Farm at Iowa State University. She is married and lives in Ames. She has one son, one stepdaughter and two grandsons.

Clare Bills is a writer, speaker and artist living in Ames. She has a master's in journalism and is also a graduate of the Institute for Children's Literature. After working in public relations and news radio for many years, she now writes for magazines and online websites, as well as adding decorative touches to homes and businesses in central Iowa.

Jenn Boccella is a senior at Iowa State University, majoring in communication studies/journalism. She is involved with the campus ministry The Salt Company and enjoys quality time with family and friends.

Deborah Bunka is a freelance writer, graphic designer and jewelry maker. Her interests include politics, literature and geology. A Canada native, she moved to Ames 12 years ago where she lives with her husband and two children.

Amy Clark received a bachelor's degree from Iowa State University with an emphasis in dietetics. She is certified in adult weight management. Her goal at Hy-Vee is to increase awareness in the community of the impact nutrition can have on well-being.

Molly Clark is an Iowa State University student majoring in journalism visual communications. She is from Atlantic. She also works part time as a street vendor in Ames.

Kathy L. P. Cook, M.D., is a board certified dermatologist. She works at Skin Solutions Dermatology in Ames.

Joshua Duchene is a licensed cosmetologist who works at a salon in Ames.

Rose E. Morgart Elsbecker is an educator, freelance writer and musician who lives in Marshalltown. She received her bachelor's in education from University of Northern Iowa, and serves as a mentor to high school students in the TAG program at the local high school. She conducts creative writing workshops with elementary students in the area.

Elaine Lenz is a freelance writer. She is married and lives in Clive.

Laura Millsaps is a local writer who contributes columns and features to Facets. She has been an Ames resident off and on since 1977, and enjoys her four sons, books and music.

Karen Petersen graduated from Iowa State University in family resource management. She is a Certified Financial Planner, has three grandchildren and can be found kayaking on Ada Hayden Lake.

## Contributors





# Water park fun

By ELAINE LENZ

**V**acations are a great way to leave the "real world" and get away for both adults and children. Yet, with so many great things to do in Iowa, there is really no reason to leave. While many moms and dads remember riding their bikes down to the local pool on hot summer days, kids now are becoming more accustomed to a glitzier version of the familiar pastime. Water parks and aquatic centers are a great way to spend a sweltering hot day and often offer water slides, wave pools and kiddie pools.

## Grand opening

The Furman Aquatic Center celebrated its grand opening on May 29 in Ames. The city broke ground on the aquatic center in May 2008. Voters approved a bond referendum a year earlier to help fund the \$10.5 million center.

The center is named for Donald and Ruth Furman, who donated \$2 million to the project. An anonymous donor contributed \$1 million.

The center also features a play structure with dump bucket, bubblers and sprayers in the zero-depth entry pool for toddlers; a 12-foot waterfall in the lazy river; and diving boards and lap lanes in the 50-meter pool.

"Opening weekend went fabulously," said Nancy Carroll, Parks and Recreation director. "We averaged about 2,200 visitors a day."

The aquatic center opened for the season June 5.

"We had perfect weather, the crowds were huge, and we received rave reviews from people of all ages," Carroll said. "I think this facility is great for the community."

Here are some things to think about when considering visiting a water park:

## Enjoyable

"They (water parks) offer a lot more than traditional pools," says Todd Seaman, superintendent of recreation in West Des Moines. "They are more accessible for young kids," he says. Des Moines offers both Valley View

Aquatic Center and Holiday Aquatic Center; both have separate and different features. While Valley View has three pools and a lazy river, Holiday has a slightly more local atmosphere and is a bit smaller. Seaman says water parks offer lots of fun as well as relaxation with concessions, lounge chairs, and even twisted water slides. Both Des Moines water parks opened June 5 for the summer season.

## More to do

Mckenzie Kiger, recreation supervisor for Clive, has no doubt why there are so many water parks in Iowa now. "There are so many extra features," she says. "There is just a lot more to do and see." The Clive Aquatic Center and many other water parks offer a lazy river, a swimming area, a leisure pool, and lots of unique events special to each summer. For example, the Clive Aquatic Center is adding a family night and a "Clive Night," which will include a live band and fun for all

*Water park please see page 5*



Furman Aquatic Center patrons fill up and float down the lazy river on opening day, May 29, at the new facility in Ames.

By Ronnie Miller/Facets



# Ireland on a whim

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By PEGGY BEST

**B**ill and I never make travel plans without putting in a lot of thought and planning. Usually it would take us six to 12 months to discuss taking a trip to a new destination, but last year we found a travel website with a fabulous deal for six days in Ireland. We had always dreamed of going to Ireland but thought it would never actually happen. Within minutes, however, we were booked to leave in less than two weeks. After hitting the "confirm" button on the computer, we experienced a few brief panic attacks, several "I can't believe we are going to do this," and one huge "Oh, rats, I hope my boss approves my vacation request."

We really had fun the next few days, packing and feeling the excitement of doing something so extreme — yes, we are a pretty wild pair making travel plans without months of research.

The flight between New York and Dublin was the overnight leg, and because we were oh so smart, we each took a sleep aid in order to snooze through the flight with plans to wake up refreshed for our 6 a.m. arrival. Neither of us slept a wink on the plane and basically crawled off the flight in Dublin



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## Water park continued from page 4

ages. "We did add a toddler time," which, Kiger explains, is a time during which children under 5 years old can come to the center and not be splashed or bothered by older kids. "They get to come a little earlier on Fridays," she says. The Clive Aquatic Center officially opened June 5.

## Safety

Safety and a caring staff are the main two things people should look for when checking into the many nearby water parks, says Rhonda Maier, assistant director of Nevada, Iowa Parks and Recreation. Nevada's Fawcett Family Aquatic Center will celebrate its 10th anniversary this summer and strives to give people more "bang for their buck" while still attending to safety. "We strive to offer a family-friendly and safe aquatic center environment for individuals of all ages to enjoy," Maier says. Not only does this park provide water slides, a sand play area and volleyball courts, but there is also a zero-depth entry area for small children.

Staff writer Jennifer Meyer contributed to this story.

in a sleepy stupor. We were off to find city bus No. 64, which would take us to our hotel. I think we saw buses numbered 1 through 63, and then 65 through 2,583,302, when, to our delight, bus No. 64 finally arrived. We made it to our hotel, and thankfully they allowed us to check in early, which was a very good thing as we were in desperate need of a nap.

We got to our room and had no electricity, so we called down to the desk and were told that the door card goes into a slot on the wall inside the room, which then turns on the electricity. This ensures that when you leave your room, and obviously take your door card with you, the lights go out to save electricity. What a concept. After a brief nap, we were ready to explore. We only had a two-block walk to catch another city bus that would take us to downtown Dublin. We took that bus back and forth countless times over the next several days, taking in all the sights we could. One day, we decided to rent a car and drive out to the countryside. We actually regressed a little and sat down with a couple of tourist books to plan our day trip. We did that, however, over a pint or two of Guinness, so we still felt like fairly emboldened pioneers.

We chose seven points of interest that we were going to see, and early the

next morning we headed out. First, we had to get to the airport to get our rental car. It was a Sunday and bus service wasn't an option, so we hailed a cab outside our hotel. Bill ran to the right side of the car to get in, and realized as soon as he opened the door that he was going to sit in the driver's lap. He quickly ran to the other side and got in. Our Irish driver asked in a heavy brogue, "Where ya be headed this fine day?"

"To the airport please, we're going to rent a car," Bill replied.

Our driver raised an eyebrow and responded, "Be renting a car are ya now? And where ya think you'll be a'drivin to?"

Bill said "To the country."

"Good, good, good, that's a mighty good idea," responded our driver with a look of relief.

We had since read in several guides that driving in Ireland is greatly discouraged for tourists. The automobile accident mortality rate is quite high. We can see why — driving on the other side of the road on highways that don't appear wide enough for two-way traffic, clockwise roundabouts and nonexistent signage created quite a challenge. Out of our seven points of interest, with No. 3 being our lunch destination, we had only reached destination No. 1 by noon. But what fun we had, and tall tales we have to tell our grandchildren someday about their trail-blazing grandparents.



# Summer getaways right in your own back yard

By ROSE ELSBECKER

**A**hhh, it's time once again to roll out those lazy, hazy, crazy days of summer. You've been looking forward to that vacation for so long ... but wait. The bills have piled up, the mortgage is due, gas prices are still high, the mower broke down and the highway is closed for repairs. Now what? Sit around and go crazy? Are you kidding? Now is the time to tap into your imagination and explore the area around you.

Check out your local chamber of commerce or tourism bureau or the local library, and check around with your friends. Brainstorm with the whole family and you may come up with some real surprises.

For starters, what is one of the most fun things about summer vacations? Letting yourself be a kid again. Check out some of the things available in your local area. Most towns have a local celebration or two.

Now is the time to get acquainted and plan that neighborhood block party, pool party or barbecue. Let yourself go crazy

with the bargains and buy at least one thing that is absolutely ridiculous. Don't forget to break all the rules and to try a tasty treat. Take a couple of snapshots for the scrapbook, and you've just made some new memories

to laugh about when the snow falls in winter.

There are often local concerts or cultural festivals. These offer a chance to dance, try out some new music and feast on a variety of foods. There is sure to be one not far down the street from you. Over in the Tama area, you will find the Meskwaki pow wow each year, a striking festival of color, music and motion.

Find a detour off that predictable highway, and discover some hidden treasures within a couple hours of your own hometown. Remember when your brother — or maybe you or someone else in the family — built a tree house in backyard? Well, look no further. Head down the road, about three miles east of Marshalltown, to Shady Oaks and find one of the biggest tree houses you've ever seen. Called the "Big Treehouse," this one is a 25-year-old, six-story, 12-level, 55-foot-plus marvel. Don't worry; this one is designed for kids of all ages. You can bring a sack lunch, lounge in the shade, or climb to the highest height and explore to your heart's delight. You won't believe this one until you see it. No kidding, you'll be telling your friends about it, and putting it back on your list for next year.

We always had fun exploring the trails in the shady Boone Ledges area, at Ledges State



Photos courtesy of Marshalltown Convention and Visitors Bureau

*The Big Treehouse is a 25-year-old, six-story, 12-level, 55-foot-plus marvel located near Marshalltown.*

Park near Madrid. The entire family joined in on this one. As we explored Angel Cave together and climbed the narrow, winding trails up to Lookout Point, we let our imaginations go wild and wondered what it would have been like for the early Native Americans and explorers to make their way over the rocky trails and discover something new around every bend. We waded through the shallow waters of the creek, found a shady spot and topped the day off with a family picnic. We usually returned home tired, grubby and sunburned, but everyone forgot all the daily cares and chores and took time out for family fun. To this day, those were some of our favorite outings.

These are just a few local favorites. You're sure to discover your own. Last, but not least, what about the fun to be found right in your own back yard? When is the last time you sunk your teeth into a nice, cold, juicy piece of watermelon and somebody let loose with an old-fashioned seed-spitting contest? That's hilarious fun.

What about the ever-favorite homemade ice cream? Who knows, you and the kids just might invent a new flavor. Or, better yet, do you remember sitting out on the deck, porch or patio, sipping lemonade or iced tea and sharing dreams and memories? Do you remember sitting out there, in the hush of the evening, breezes wafting through your hair, mesmerized by the rhythmic motion of the porch swing, dreaming, watching the fireflies light up the evening sky, or watching the stars come out and wishing upon one? Every kid, young or old, knows that when you wish upon a star, dreams absolutely do come true.





**W**hen I was a kid, I was the one always digging in the dirt for treasure, my pockets full of bottle caps and "neat" rocks.

I took that habit right on into adulthood in the form of antiquing.

I still like the hunt for "ancient treasure," never knowing what I'll find, and coming home with often irresistibly good stuff.

My tastes aren't too refined, even now. What I like best are items too shabby to be chic — things well loved, worn down by experience, with a mysterious past before it came to be with me, whether they be faded books, worn furniture or chipped dishes.

Summer weekends are perfect for day trips and for the best concentration of antique shops in one place, you can't beat the town of Walnut. My mom, sister, aunts and I have made many excursions there over the years, and we are never disappointed.

With almost 20 antique shops, additional stores that would appeal to antiquing shoppers, like quilt and craft stores, and small-town restaurants, it's an excellent place for a treasure hunt.

Walnut is about 90 miles West of Des Moines on Interstate 80, off exit 46. Plan for a long day trip, or you can stay at a handful of motels and B&Bs if you want to make a whole weekend of it.

The community has a website to help you plan your trip at [www.iowasantiquecity.com](http://www.iowasantiquecity.com).

Happy treasure hunting.

#### Tips for the adventure

- Go with multiple means of payment. Some antique stores are cash only, and some will give you a discount for cash payments. It helps to come prepared.
- Bargain if you want an item but don't like the price. Unlike retail, antique store prices aren't set in stone. Unless the price tag says "firm" you've got a good chance of shaving at least a few dollars off, especially if you are buying multiple items.
- Bring a measuring tape. Furniture doesn't look that big in a large store display room. In your dining room however, that beautiful old hutch may not have enough ceiling clearance.
- Leave the kids and the strollers at home. Antique dealers have valuable, one-of-a-kind, breakable objects in their stores, and they do not appreciate 2-year-olds, no matter how well-behaved. Older children are guaranteed to be bored to tears.
- If you know you're shopping for furniture, drive your van or truck, or come with a friend who owns one. It's not an adventure trying to cram a dresser into a hatchback, it's just a pain in the neck.
- Take allergy medication before the trip, and bring tissues. While many antique stores are very clean, some are not. The dust, mold and mildew that collect on old and neglected items can make you miserable by day's end.

- Bring a few packing materials if dishes, dolls or other breakable items are your thing. While most antique stores wrap things up for you, extra cushioning for a long road trip home is a good idea. Bring old blankets if you're hunting for furniture.
- Know what you're buying, or at least

what you're getting. If you love it because it's charming or beautiful and the right price, then age and authenticity aren't critical. However, if you are spending a large sum of money on what is supposed to be an authentic piece with historical value, do your research and get an appraisal.

## Treasure hunting for grown-ups: *antiquing*

By LAURA MILLSAPS





# Road trips the old-fashioned way

By JENN BOCCELLA

**D**id you remember the directions? And did you pack the sunscreen; you know what happens ... I wish you had filled up the van with gas before we left, this just puts us behind schedule. Oh, shoot! I forgot the camera. Turn around — we can't go on a summer vacation with no way to take pictures. I knew I forgot something."

This is an all too familiar dialogue in families across the nation. Summer has arrived and it is time for "family vacation." Vacations are not just about the destination; those long hours on the road are all part of the adventure.

As suitcases are packed to overflowing, trunks are loaded to capacity, and gas tanks are filled to the brim, the smell of summer begins to ooze its way inside the minivan. The first few miles of the road trip are exciting. The air conditioning courses its way around the seats, keeping everyone at a comfortable temperature; each passenger is sitting in a relaxed position, and smiles grace every face; the volume level is high as chipper voices discuss the possibilities of the upcoming vacation; and, best of all, no one is bored. Overall, it is a five-star adventure at this point. Unfortunately, it never seems to stay that way.

Soon the cold air conditioning becomes warm and stifling, knees and backsides become sore as restlessness sets in, and voices become whiny as the inevitable question is asked: "Are we there yet?"

Taking the trip from being awful and full of complaints, to unforgettably adventuresome and full of laughter, are three simple words: road trip games.

Rather than popping in headphones, gluing eyes to the built-in DVD player, or giving thumbs a workout by text messaging, it is time to get back to the art of enjoying each other's company. Engaging family members in conversation and laughter while cruising down the road is priceless — and undoubtedly leads to memorable moments to be recalled for years to come.

A classic example of a road trip game is I Spy. The familiar phrase, "I spy with my little eye something that begins with (insert the first letter of the object's name or color)," has the ability to make time fly. Who knew that staring out a window at scenery whizzing by could be so entertaining?

License plates. Does the newest generation even know the fun in looking for plates from all 50 states? Or what about building words and phrases using the letter sequence in the plates? This is a game worth passing on to children and grandchildren.

Who needs an iPod when someone can sing, hum or whistle? An entertaining (and often off-pitch) game to play is "Name That Tune." Players try to guess what song is being sung, hummed or whistled,

and the winner gets to be the singer for the next round. Think of it as "American Idol" in your own backseat.

Games like "Would You Rather" or "20 Questions" provide the opportunity to ask intriguing, thoughtful or personal questions. For example, if children have never heard the story of how their mom and dad met and fell in love, 20 Questions is a great time to ask. Or, maybe a Would You Rather question like, "Would you rather have eyes that always smile or a voice that makes people calm?" will stimulate hours of interesting conversation.

Road trips are a unique opportunity to rekindle a love and appreciation for a husband, develop bonds between siblings, and appreciate the care and warmth of a mom. So, next time the minivan is loaded with luggage and crammed with people, be sure to spy with your little eye, whistle for all you are worth and ask good questions.

## SOMETHING to look forward to

BY JOSHUA DUCHENE

**Q:** *It is finally summertime, what are some new, trendy hair ideas?*

**A:** Finally, summer is here. Summertime is a busy time of year for many people; running the kids to baseball and swimming, getting to work and finally managing some time for ourselves. Here is one summer trend that is quick, cute and easily done. I call this the couture pony (the braided pony tail). Lots of people wear pony tails, but many times it looks unfinished. However, adding a simple braid to the mix is suitable for any occasion. You can wear a braided pony to make a cute look while picking the kids up, or even a trendy look for a night out on the town.

**Q:** *Do you have any ideas on how to manage all the crazy, frizzy hair from the Iowa humidity?*

**A:** Iowa humidity does not mean your hair can't look good. Summer can be a great time to give your hair a rest from the blow dryer and flat iron. Summer is a great time to let your hair show its natural style. You will need a couple of key products in order to control your locks yet style them beautifully. A couple of things you can look for are frizz eliminators, leave-in conditioners, dry shampoos and UV protecting shampoos and conditioners. You can use a dry shampoo to cleanse the hair in between shampoos, then use the leave in conditioner and frizz eliminator to show your hair's natural style. Sun can be very damaging to the hair, so UV protecting shampoos and conditioners are a good thing to use when you will be spending a day in the sun. Frizz, split ends and weak hair can all be signs of sun damage.

Joshua Duchene is a licensed cosmetologist who works at a salon in Ames. Do you have a question about hair or makeup? E-mail him at [thesalon2008@yahoo.com](mailto:thesalon2008@yahoo.com).



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## Spa vacation, anyone?

By KATHY L. COOK, MD

**T**he term spa is derived from the town of Spa, Belgium, and dates back to the Roman times when the name was Aqua Spadanae, possibly related to the Latin word spargere, meaning to scatter, sprinkle or moisten. There are many types of spas including day spas, destination spas, resort spas and medical spas. A spa could be the center of your vacation, or it might just be an hour getaway. The type of experience you want would determine what you would look for in a spa.

The most common reasons people cite for spa visits are: to relax, lose weight, detox, take a hike, conquer a fear, do yoga, eat well, reconnect with people they love and get inspired. The benefits of a spa getaway were studied and reported in the 2004 Cornell Survey of destination spa-goers compared to general vacationers. For energy level and mental ability, destination spa-goers reported they feel more energetic, are more alert, appear to have a very high ability to resolve challenges, have an increased ability to relax each evening, feel better able to handle everyday life, seem to handle business affairs better, feel more creative, have more energy in the morning and concentrate better. Physical fitness benefits include feeling more fit and more confident about their cardiovascular and heart health, having more endurance, feeling more agile, being happier with their body image and exercising more enthusiastically. Interpersonal ability benefits include feeling more connected to family, friends and work associates; having greater understanding of self; feeling more cared for by family, friends and colleagues; and friends and family seeing a definite positive change.

There are at least 15,000 spas of various types in the United States, about 30 of them destination-type spas. A destination spa emphasizes wellness and personal growth. Choose this if you want an all-encompassing spa environment; adult environment; sense of camaraderie; supportive environment; lots of programming such as exercise classes, hikes, meditation, lectures on health and growth; and healthy food. Examples of the top 10 destination spas in the United States include Heartland Spa in Gilman, Ill., and Canyon Ranch in Tucson, Ariz.

A resort spa will be alongside a traditional vacation spot and would be good

for the casual spa-goer who wants to spend time with the family and might include golf, tennis and swimming. Spa-goers would rather drink and eat rich foods, and relax instead of taking classes.

A day spa includes local spas designed for one or two services, and a medical spa can be included in any of the above.

The most common services include facials, massage, manicures, pedicures and wraps. A medical spa will offer additional services such as injectables (Botox and fillers) and laser procedures. Prices will vary greatly depending on which of the spas you choose. A destination spa will probably include meals and at least one standard spa service per day. Cost can range from \$500 and up per day. Some common services such as facials might range from \$75 to \$200. Body treatments are in the same range. Nail care can be from \$30 to \$85.

Among listed treatments for spas that I would label as questionable benefits, and possibly dangerous, are wraps that "detox." The idea is that toxins cause cellulite, excessive body fat and illness. Some of these wraps claim to liquefy and eliminate cellulite through the skin or waste, and some claim to stimulate the body's metabolic process to encourage weight loss. Others simply claim

to hydrate the skin. There are no major studies done on body wraps. Risks of wraps could include severe dehydration, overheating and circulation problems. The liver and kidneys detoxify our bodies, so wraps are not needed. Some temporary benefit such as loss of inches may be seen, but a good diet, healthy lifestyle and exercise would be more beneficial in the long term.

Medical spas should be run by a dermatologist or plastic surgeon who personally performs or supervises the procedures and is on-site. There are potentially significant risks associated with medical procedures, and it would be advisable to know something about the credentials of the physician.

Like the idea of a spa vacation or spa days but can't afford it? Be creative. Get a friend or two together and give each other manicures and pedicures, or a neck or back rub. Have someone watch the kids, and have a glass of heart-healthy red wine and enjoy the summer.



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# july CALENDAR

## THURSDAY, JULY 1

**Ames Municipal Band** — Band performs at 8 p.m. at Durham Bandshell, admission is free.

**Tune In to Main Street** — Ames Euphonium is featured band. Event begins at 5:30 p.m. at Tom Evans Plaza, in Ames. Admission is free.

## FRIDAY, JULY 2

### Bookends at the Bandshell

— Dixie Slicks will perform at 11:30 a.m. at Durham Bandshell. Bring your lunch. Admission is free.

**Ames on the Half Shell** — Vivace performs from 5 to 8 p.m. at Bandshell Park, in Ames. Admission is \$3 to \$6 for adults, children 10 and younger are admitted free.

## SUNDAY, JULY 4

**4th of July in the District** — The day begins with a pancake breakfast at Ames City Hall at 10 a.m.; Bill Riley Talent Search at 11 a.m. at Bandshell Park, in Ames; parade down Main Street, Douglas Avenue and Fifth Street, in Ames, at 1 p.m.; festival at Bandshell Park from 2 to 6 p.m.; and fireworks at 10 p.m.

## MONDAY, JULY 5

**Star Wars: In Concert** — The production features a full symphony orchestra and choir accompanied by specially edited footage from the films displayed on a three-story-tall, high-definition LED super-screen. Shows are at 2:30 and 7 p.m. at Wells Fargo Arena, in Des Moines. Tickets are \$65, \$49.50, \$35, \$25 and can be purchased at the Wells Fargo Arena Ticket Office, all Dahl's Foods locations, online at [www.dahlstickets.com](http://www.dahlstickets.com), or by phone at 1-866-55-DAHLS.

### Indie-folk band Bella Ruse

— Concert begins at 8 p.m. at Ames Progressive, 118 Hayward

Ave., Suite 3, in Ames. Local singer-songwriter Sean Huston will also perform.

## THURSDAY, JULY 8

**Ames Municipal Band** — Band performs at 8 p.m. at Durham Bandshell, admission is free.

**Tune In to Main Street** — Good Guys is featured band. Event begins at 5:30 p.m. at Tom Evans Plaza, in Ames. Admission is free.

## FRIDAY, JULY 9

### Bookends at the Bandshell

— Jen McClung will perform at 11:30 a.m. at Durham Bandshell. Bring your lunch. Admission is free.

**Ames on the Half Shell** — Trouble No More performs from 5 to 8 p.m. at Bandshell Park, in Ames. Admission is \$3 to \$6 for adults, children 10 and younger are admitted free.

## THURSDAY, JULY 15

**Ames Municipal Band** — Band performs at 8 p.m. at Durham Bandshell, admission is free.

**Tune In to Main Street** — Brewer Project is featured band. Event begins at 5:30 p.m. at Tom Evans Plaza, in Ames. Admission is free.

## FRIDAY, JULY 16

**Ames on the Half Shell** — Dave Zollo and the Body Electric performs from 5 to 8 p.m. at Bandshell Park, in Ames. Admission is \$3 to \$6 for adults, children 10 and younger are admitted free.

## THURSDAY, JULY 22

**Ames Municipal Band** — Band performs at 8 p.m. at Durham Bandshell, admission is free.

**Tune In to Main Street** — Scott Davis Band is featured performer.

Event begins at 5:30 p.m. at Tom Evans Plaza, in Ames. Admission is free.

## FRIDAY, JULY 23

### Bookends at the Bandshell

— Big Blue Sky Project will perform at 11:30 a.m. at Durham Bandshell. Bring your lunch. Admission is free.

**Ames on the Half Shell** — Bonne Finken and the Collective performs from 5 to 8 p.m. at Bandshell Park, in Ames. Admission is \$3 to \$6 for adults, children 10 and younger are admitted free.

## SATURDAY, JULY 24

**Shrine Bowl Parade** — Begins at 9:30 a.m. in the Main Street Cultural District, in Ames.

## THURSDAY, JULY 29

**Ames Municipal Band** — Band performs at 8 p.m. at Durham Bandshell, admission is free.

**Tune In to Main Street** — Keith McCaulley is featured performer. Event begins at 5:30 p.m. at Tom Evans Plaza, in Ames. Admission is free.

## FRIDAY, JULY 30

### Bookends at the Bandshell

— World Port will perform at 11:30 a.m. at Durham Bandshell. Bring your lunch. Admission is free.

**Ames on the Half Shell** — Saucy Jack performs from 5 to 8 p.m. at Bandshell Park, in Ames. Admission is \$3 to \$6 for adults, children 10 and younger are admitted free.

## SATURDAY, JULY 31

### Kids' Co'Motion 2010 Dance Performance

— Performance begins at 7:30 p.m. at Ames City Auditorium, in Ames. \$5 for general admission, \$3 for students and seniors.



# Rock 'n' roll vacations

July 2010 | FACETS | 11

By DEBRA ATKINSON



Darla James on a climb.

Contributed photo

**H**ave vacation plans? If you think traveling with kids or spouses without GPS is an adventure, stay tuned to meet three women who like a real challenge when they get out of Dodge. Whether you've got a staycation or a real getaway planned, take inspiration from these three and make this a memorable bucket-list-worthy summer!

Lori Miner was, even by modest accounts, already in good shape when she began the Go Red for Women Challenge. Her cardiovascular fitness level surpassed that of other female age groupers, and her exercise habits were already well ingrained. Still, with a few changes and tweaks in her exercise and nutrition, she made significant, life-changing improvements in her health, as well as her weight, inches and body composition.

Not content to let time go by without another goal in place, she's soon to be headed up Crazy Horse Mountain in South Dakota for the annual Volksmarch. It's a 6.2-mile walk to an elevation of 6,388 feet. She'll follow that little warm-up with a summit of 7,242 feet at Harney Peak, also in the Black Hills. Slightly competitive in nature, at least with herself, her goal is now to beat the time she peaked in 2000 during her first climb up Crazy Horse.

"I can say 'I did it,'" Miner says, defining her motivation. Two decades ago, she says, "I was pretty much a couch potato." She now involves her family, her husband and daughter, in her climbing escapades.

Speaking of mountains, Darla James is a fan. Her most recent trip was to Washington,

where she spent eight days on Mount Rainier training for an upcoming climb of Mount McKinley. No date has been set for that climb as she'll first have to recover fully from shoulder surgery, but it will happen, because the someday plan is to climb all seven summits. She has climbed Mount Kilimanjaro already.

The idea was in the back of her mind, something mentioned to friends along the way. When one friend reminded her of this goal long after the deadline to do it had passed, that was all James needed. She found an adventure company that led expeditions up the mountain, hired a trainer and never looked back.

"Nothing is more empowering than setting a goal and achieving it," she replies when asked about her motivation for the climbs. She finds great support from family and friends, but she does these trips solo. "It's my passion, not theirs."

Committing to a passion is one thing. Committing to 6.2 miles of anything that you don't like for an adventure is extreme. That's Heather Flaherty for you. She recently did Ultraman Canada as a relay

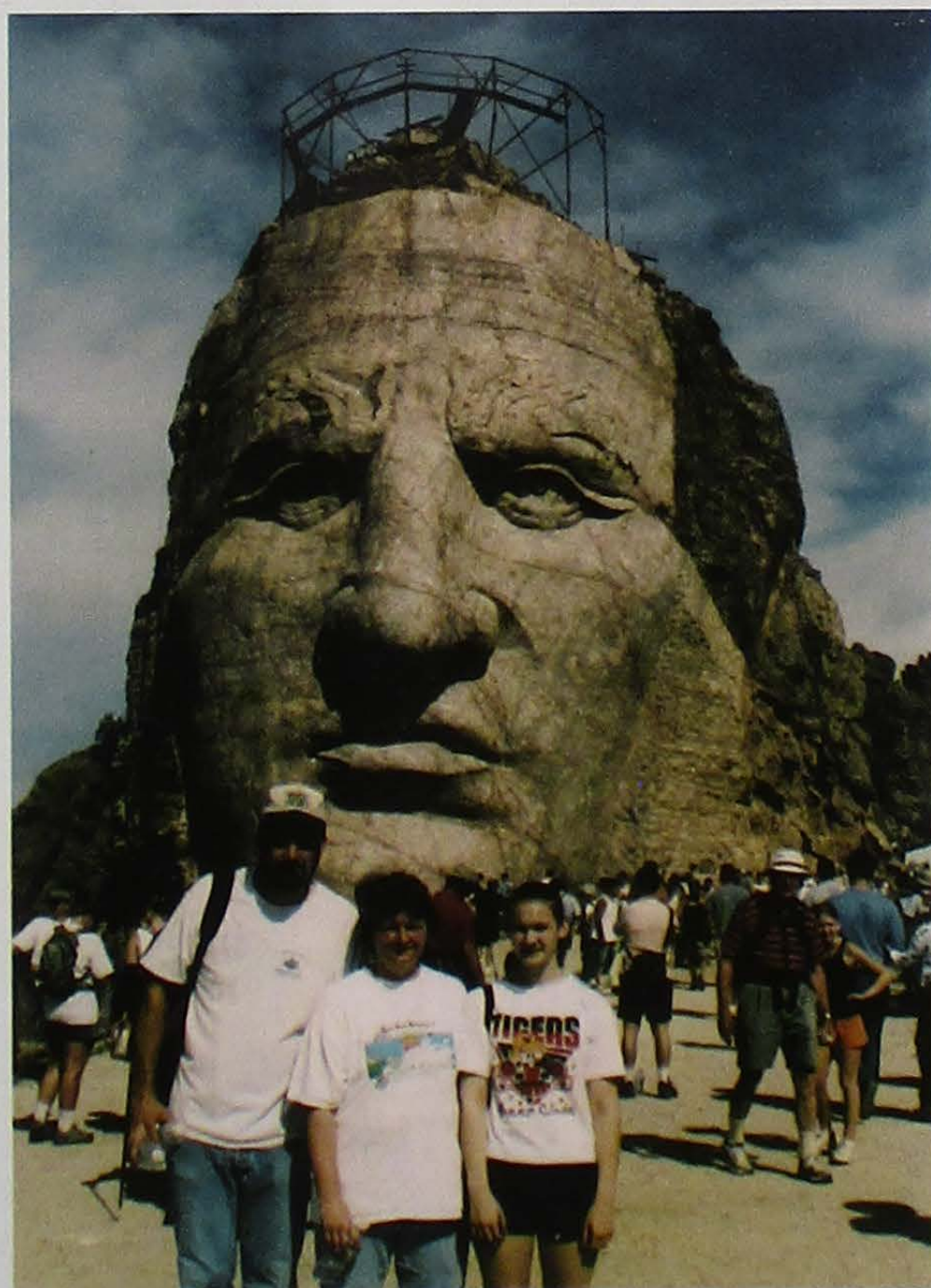
team. She swam a 10K, someone else biked, and she then ran 52.4 miles of dirt road and mountains. In her words, "It was tons of fun."

Flaherty got her start in big adventures from a simple 5K, which she claims was all about the cookies. What she is most of all is a finisher. She, too, wants to know that she did it. She's a believer that the body can do amazing things, and she enjoys not knowing what race day will bring. The mental toughness is a draw. Yet, she finds her cohorts on the race course are those there who are living life, having fun, breaking for snacks and less concerned about their time to the finish than the journey.

To her credit and notches on her race belt, Heather can add eight Ironmans (two miles of swimming, a 112-mile bike ride followed by a marathon), all the smaller races leading up to those, and now Ultra racing, meaning something like light-year distances. She wants to take up scuba diving. That sounds rather serene for this adventure girl, until she adds "maybe cave diving."

Their destinations are different; their journeys unique. Our three adventurers do share one thing: they don't use the word "never."

Darla James comments, "There's no shame in trying; the shame lies in not trying."



Lori Miner with her family at Crazy Horse.

Contributed photo





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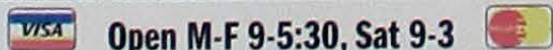
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by Stephanie Brandenburg

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## Take a trip to the islands, no passport required

By DEBORAH BUNKA

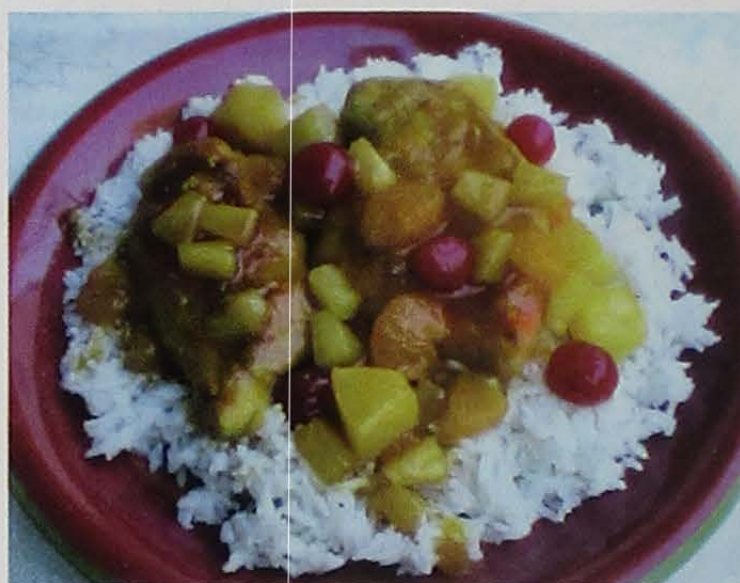
**F**eel like getting away from it all, but don't have the time or the money to make it a reality? If you have to be an armchair traveler, there's no reason you can't experience the world via your table. With so many international cookbooks available, not to mention the thousands of culinary websites at your fingertips on the Internet, it's easy to find great recipes that can transport you to your desired destination.

If it's a Caribbean vacation you're longing for, curried chicken caribe will help bring a taste of the islands home. It is an interesting combination of sweet (sugar and fruit juice), tangy (pineapple, oranges and cherries) and spicy (paprika and curry) typical of many recipes in Jamaica, Trinidad and Puerto Rico. Plain white long-grain rice is the perfect accompaniment to this recipe. Serve it as a "bed" for the chicken and fruit, spooning on sauce from the baking pan. The rice will soak it up, adding to the overall enjoyment of the dish.

Curry: hot or not? For those of you concerned that the inclusion of curry translates to "too hot," you needn't worry. The word curry refers to a mixture of spices that are usually locally grown and may include cardamom, coriander, cumin, ginger, cloves,

cinnamon, nutmeg, pepper, turmeric and dried chilies, among others. Generally speaking, Jamaican curry is milder than other curry spice mixes, such as Indian, because it includes less chili. The curry powder you buy in the store will be the mild type unless specifically labeled otherwise.

Curried chicken caribe is not an everyday food. Even with chicken as the main ingredient, this dish will raise your blood sugar. However, nothing is off limits if it's eaten in proper portions and savored on special occasions. Keep this recipe on hand for times when you want to be transported from the normal day-to-day to somewhere exotic.



### Curried chicken caribe

Serves: 4

This chicken dish is so flavorful that it needs no further adornment, other than a bed of white rice to soak up the delicious sauce.

#### Ingredients

¼ c flour  
1 tsp salt + ½ tsp salt  
½ tsp curry powder + ½ tsp curry powder  
½ tsp paprika  
1 chicken (3 lbs), cut up  
3 Tbsp vegetable or olive oil

1 8-oz can unsweetened pineapple chunks, drained, juice reserved  
1 11-oz can mandarin orange sections, drained, juice reserved  
¼ c brown sugar  
¼ c cider vinegar  
8 maraschino cherries (optional)

#### Instructions

Preheat oven to 350 degrees F. Combine flour, 1 tsp of salt, ½ tsp of curry powder, and paprika in a plastic bag; shake to mix. Add chicken pieces, a few at a time, and shake to coat. Make sure they are completely coated. In a large frying pan, heat oil over medium heat. Add chicken and cook, turning until browned, about 5 minutes per side. Transfer to a 13 x 9 x 2 inch baking dish. In a 1 cup measuring cup, combine reserved pineapple and mandarin orange juice; add water if needed to fill to 1 cup. In a medium-size saucepan, combine brown sugar, cornstarch, remaining ½ tsp salt and remaining ½ tsp curry powder. Stir in fruit juices and vinegar. Heat to boiling, stirring constantly; cook until mixture thickens — about 3 minutes. Pour sauce over chicken. Cover with foil and bake for 30 minutes. Add pineapple chunks, orange sections and cherries (if using). Bake uncovered for 20 minutes until chicken is tender.

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# girlfriend's **GUIDE** to... FINANCIAL **independence**

## The sandwich generation

By KAREN PETERSEN

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**V**isualize this sandwich ... crisp, golden brown, all-white fillet of chicken. There is no need to imagine the bun ... there is no bun. This chicken sandwich is two, 3/4-inch-thick thick chicken fillets with a little bit of cheese and a large amount of lettuce (iceberg, pale green, no nutritional value) extending beyond the chicken fillet "bun."

When I first encountered this sandwich, I thought, "These fillets (that act as the bun), are so big the middle almost disappears." And then I thought about the sandwich generation. The sandwich generation, mostly baby boomers, is the middle that is being overwhelmed by the needs of their parents and children.

### The sandwich

Because of our growing aging population, many working near-retirees are faced with the challenge of trying to save for retirement as they are sandwiched between the financial needs of their children and parents. A recent Women & Co.'s survey, Women and Affluence 2010, found that 66 percent of women are the CFO (Chief Financial Officer) of their households. With the title of CFO comes the responsibility to manage their families' competing financial needs. This can include:

- Their parents
- Their children
- Their own retirements

### Parents

Talking about money with parents is difficult. The ability to make financial decisions is tied to our feelings of independence. Consider starting the conversation by talking about your retirement accounts and your concerns about retirement income and health care costs.

If you have reason to think your parents may need assistance, ask if you can help them and review:

- Sources of income
- Liquidity
- Investment statements
- Current expenses



- Medicare and long-term care insurance

This basic information will help determine if you will need to extend financial assistance in the future.

### Children

National headlines proclaim high unemployment, college graduates find it difficult to land that first job and locally we read about funding cuts and layoffs.

It is not uncommon for adult children to move back home while they regroup and look for a job. It is natural to offer an oasis of comfort when things don't work out for our children; don't make it too comfortable. Set guidelines for adult children returning home:

- Insist on an exit plan. Limit the time (a number of days or months) they can live at home.
- Insist they contribute to the quality of family life. Ask them how they would like to participate. If possible, they can pay rent. They can take on household tasks.
- Don't contribute money. Providing a place to live is a large contribution. Insist that your adult child get a job; there are temporary jobs available. Earning money helps maintain a sense of self worth.

### You

Short-term personal and market concerns may tempt you to lower or stop your retirement contributions. In the long term this could be an expensive mistake.

Consider these four steps to help balance your short-term concerns with your long-term retirement plan.

- Maintain an emergency account — designate liquid money equal to three to six months' worth of living expenses.
- Review your life and disability insurance

*Girlfriend's Guide please see page 16*



*Girlfriend's Guide continued from page 15*  
 ance coverage. Your life and disability coverage should replace enough of your income to pay everyday expenses, provide money to cover short and long-term debt obligations, educate your children, and provide retirement income for your spouse.

- Plan your retirement health care strategy — you always want to be healthy, active and independent. Even though your plan is a long, healthy life, it is necessary to

understand your health care options: Know what Medicare does and doesn't cover. Check with your financial professional to see if long-term care insurance is important in your overall retirement plan.

- Understand your total financial picture — track your day-to-day expenses and determine how to increase your savings. This information will give confidence in your ability to create your retirement life.

Follow these strategies and you will not

be that pale green lettuce in the middle of the sandwich.

**Because life is ... more than money**

*Karen L Petersen CFP® CDFA™ is a fee-based financial advisor. You can contact her at (515) 232 2785 or at karen@mymorethanmoney.net.*

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# Area campsites offer fun and affordable vacations

By MOLLY CLARK

**I**n financial times such as these, an expensive summer vacation may not be in the cards for most people. Luckily, Story County has many camping facilities that make staying in the area a fun alternative for the more outdoorsy among us.

Hickory Grove Park is Story County's largest park. Located between 250th and 255th streets and 670th and 680th avenues, just outside of Ames, this park provides many on-site facilities that offer something for everyone.

This park has 42 modern camping sites with electricity, showers with hot water, and flush toilets for \$17 a night per site. It also offers 10 primitive camping sites for a flat fee of \$7 per site.

Hickory Grove also provides supervised youth camping trips for \$20 per night per site by reservation only, and senior citizen discounts of \$1 per night per site for campers over 62. The youth camp sites are a part of the alcohol-free area at this park, in which no alcohol may be possessed or consumed.

On Saturdays, Sundays and holidays such as Labor Day, Hickory Grove has a concession area available with refreshments, live bait, and boat and canoe rentals. This concession area is open from noon to 8 p.m. on those designated days.

There is a sand beach for swimming that is available free of charge. However, there are no lifeguards on duty, so swimmers should be aware that the use of this beach is at their own risk. There are also picnic sites with tables and grills, two enclosed lodges (available by reservation with a fee), open picnic shelters, hiking trails, canoeing, boating, fishing and two game management areas

for hunting.

For more information about Hickory Grove Park, go online to [www.storycounty.com/](http://www.storycounty.com/) and click on the Hickory Grove link. You can also contact Story County Conservation at 56461 180th St., Ames, IA 50010 or by phone at (515) 232-2516.

Another camping venue in the area is Ledges State Park, near Boone. Ledges provides picnic areas with restrooms. Its 95 camp sites include 40 with electricity, 42 without electricity, and 12 hike-in sites. The camping area includes modern restrooms,

showers, trailer dump area, fire pits and a playground. Half of these sites are set aside to reserve ahead of time, while the other half are first come, first serve.

"Ledges is my favorite place in the area to camp," said Jenny Dashner, an Iowa State graduate and avid camper. "The hiking trails are the best. There are a lot of great lookout points. The Hidden Lake is my favorite spot to hike to."

Ledges has extensive hiking trails that take campers through beautiful scenery.

*Camping please see page 17*



Jenny Dashner, of Glenwood, a recent Iowa State University graduate, prepares her campsite.

By Molly Clark/Facets



Maps of these trails are available on-site. Ledges also has areas for fishing, boating and rock climbing. There are many bike trails, which avid bicyclists enjoy. The bike trails are mostly flat with the occasional hill, making them a fun option for everyone, not just serious bicyclists.

Ledges State Park is located at 1515 P Ave., Madrid, IA 50156. You can learn more about Ledges by calling (515) 432-1852 or e-mailing [Ledges@dnr.iowa.gov](mailto:Ledges@dnr.iowa.gov). You can also visit [www.iowadnr.gov/parks/state\\_park\\_list/ledges.html](http://www.iowadnr.gov/parks/state_park_list/ledges.html). To make reservations, go to the park reservation system at <http://eservices.iowa.gov/iowaparks>.

It is true that the necessary camping equipment for these types of trips can get fairly expensive. However, all kinds of equipment can be rented for reasonable rates right here in Ames.

The Outdoor Recreation Center on Iowa State's campus is one of those rental services. It has different rates for Iowa State students, university faculty and staff, and Iowa State Alumni.

Outdoor Rec rents out tents, packs, bags, kitchen gear, and outdoor game and recreation supplies. The rates for renting this equipment are generally between \$5 and \$20 per day. For specific rates and lists of available equipment, visit [www.rec.services.iastate.edu/outdoors/equipment.html](http://www.rec.services.iastate.edu/outdoors/equipment.html).

Outdoor Rec is at 2220 State Gym, on Iowa State's campus, or call (515) 294-4980. Hours are Monday through Friday from 8 a.m. to 5 p.m.

Another place to rent outdoor and camping equipment in Ames is Jax Mercantile at 4723 W. Lincoln Way. Jax rents backpacks, tents, sleeping bags, sleeping pads, stoves, cook sets, canoes and kayaks with rates varying by number of days rented. For specific lists of equipment and rates, visit [www.jaxmercantile.com](http://www.jaxmercantile.com) and go to the equipment rental page. Rental rates are usually between \$10 and \$25.

Jax is open Monday through Friday from 9 a.m. to 8 p.m., Saturday from 9 a.m. to 6 p.m. and Sunday from 10 a.m. to 6 p.m., or call (515) 292-2276 or e-mail store manager03@jaxmercantile.com.

# The frugal vacation

By CLARE BILLS

Last year, the staycation was all the rage. You remember, you stayed home and took day trips to interesting places or pitched a tent in your backyard to simulate camping. While you probably had a great time, if you're hoping to actually leave your ZIP code this year but still have a snail's budget, take heart. Opportunities abound for taking a vacation with limited funds, including some interesting options from Leah Ingram's new book, "Suddenly Frugal."

Ingram suggests checking out coupon deals from Entertainment Books, which offers a boatload of bargains for 150 cities in the U.S. and Canada. Save hundreds on restaurants, passes to amusement parks, zoos, museums, sporting events and other venues. Visit [www.entertainment.com](http://www.entertainment.com) and type in your destination. Des Moines is listed as one of the cities, and according to the website, for \$15 you can get \$12,800 worth of coupons. Hey, perhaps a staycation isn't such a bad idea this year after all.

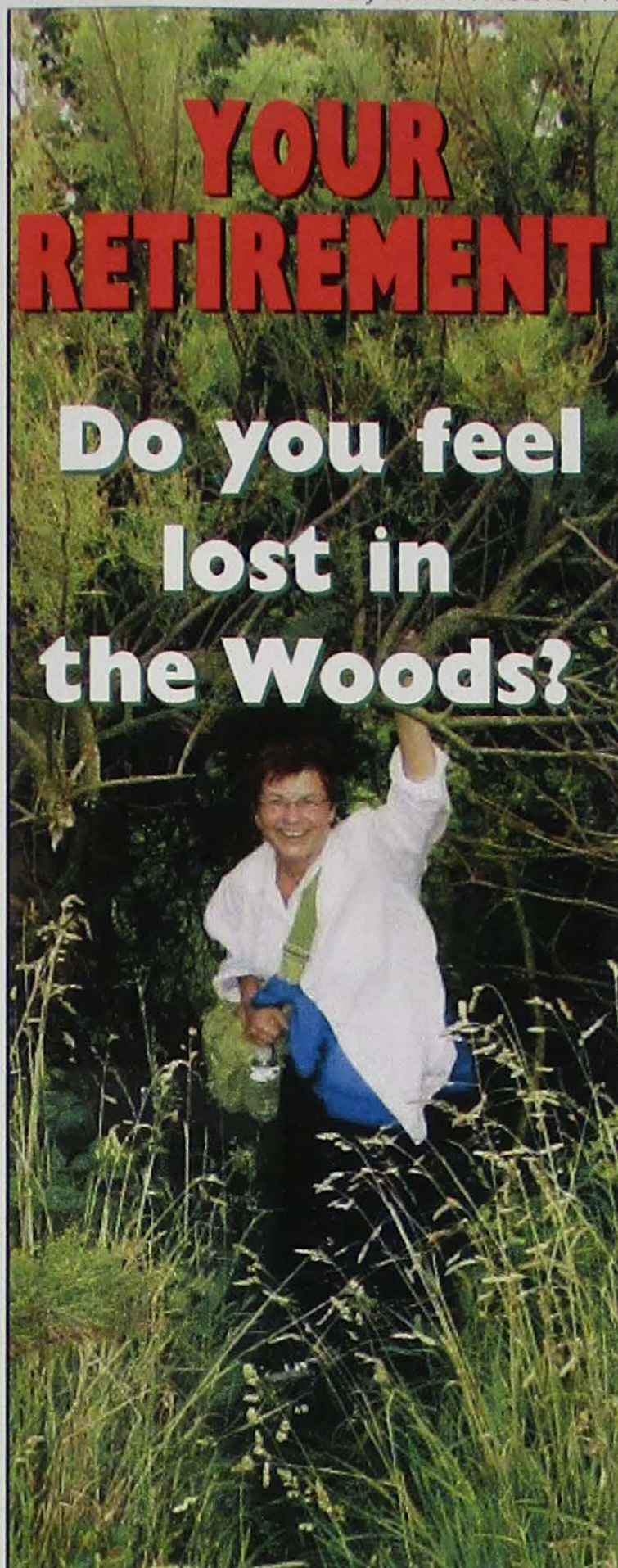
If you're serious about seeing some of the country, Ingram recommends starting with Cities-on-the-Cheap ([www.citiesonthecheap.com](http://www.citiesonthecheap.com)) for bargains all over the U.S. The site is new, so the list of cities is far from complete, but Kansas City and Chicago are included for those looking for Midwest destinations. Once you choose



Contributed photo  
From left, Hannah Courtier, Sophia Bills and Clare Bills pose with Disney's Princess Ariel.

a city, select from an extensive menu for sporting events, recreation, wine, festivals — or ice cream, which has its own category. Special links will also whisk you to Disney-on-the-Cheap or Florida-on-the-Cheap.

Frugal please see page 18



## YOUR RETIREMENT

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# Head-to-toe healthy glow with food

By AMY CLARK, RD, LD

Looking for a way to keep that healthy, youthful glow on your skin? Certain foods are naturally rich in nutrients that may help keep skin healthy and even fight signs of aging. The best part is that these skin-loving foods are some of summertime's favorite treats.

Topping the list for skin-friendly foods are peaches, plums and nectarines. The nutrients (vitamin C, beta-carotene and antioxidants) found in these fruits work beneath the surface to protect and rejuvenate skin from the harmful damage of ultraviolet rays. Peaches are especially rich in alpha-hydroxy acid (AHA), a key nutrient added to many age-defying cosmetics.

Studies have found lycopene, a powerful antioxidant found in reddish-colored fruits, tends to act as a natural sunscreen by protecting and replenishing skin cells from the sun's burning rays. In addition, lycopene helps your skin act as a natural filter, allowing enough sunlight through for your body to produce vitamin D. Watermelon, as well as ruby red grapefruit, tomatoes and guava are all rich in lycopene.

Colorful fruits and vegetables rich in

vitamins A and C are important for collagen formation, which helps keep skin firm. Brightly-colored fruits and vegetables, such as bell peppers, tomatoes, pineapple, strawberries, cantaloupe, oranges, carrots, spinach and broccoli, are your best choice for vitamins A and C.

Water is often overlooked, but has an important function in how elastic and supple your skin is. Dehydrated skin cells will be saggy, as contrasted with hydrated skin cells, which are plump. Water, along with other beverages such as iced tea, is a good choice to help keep skin well-hydrated.

## Summertime best picks for healthy skin:

Peaches  
Plums  
Nectarines  
Watermelon  
Tomatoes  
Bell peppers

Strawberries  
Cantaloupe  
Broccoli  
Pineapple  
Oranges

*This information is not intended as medical advice. Please consult a medical professional for individual advice.*

## Peach and honey mask

Naturally refreshes and rejuvenates tired and dry skin.

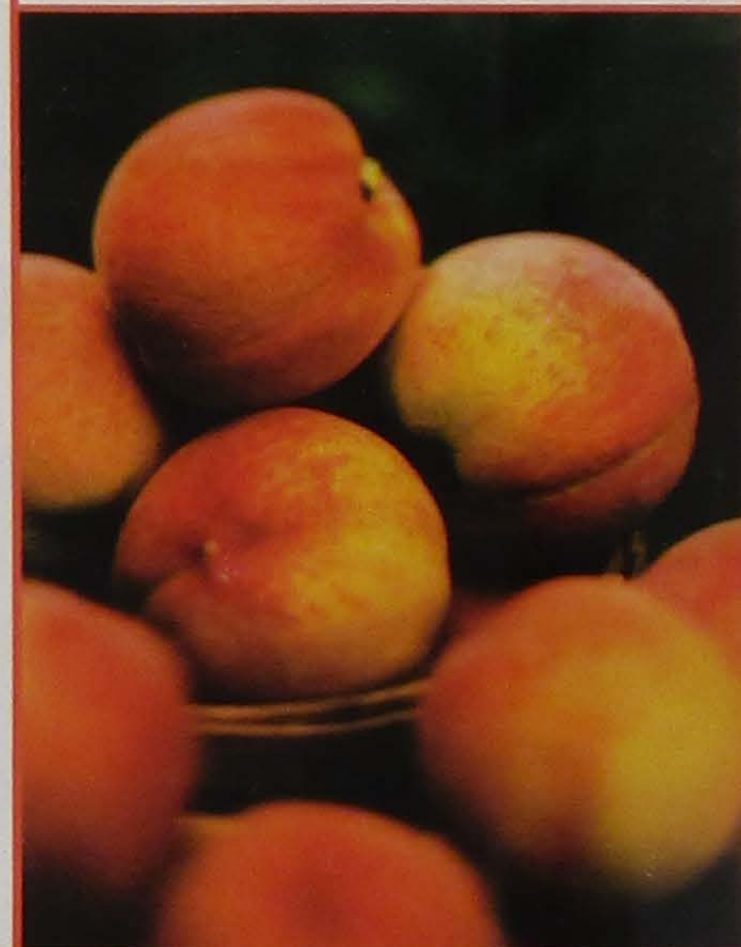
### Ingredients

1 large peach or nectarine, chopped  
1 Tbsp honey  
2 Tbsp yogurt

### Directions

Mash the chopped peach and honey together; add yogurt. Pat evenly over your face, neck and around the eyes. Lie back and relax for about 10 minutes. Rinse off with warm water, pat dry, tone and moisturize.

Source: [www.eatcaliforniafruit.com](http://www.eatcaliforniafruit.com).



## Watermelon salsa

### Ingredients

2 cups diced watermelon  
1 medium nectarine, pitted & diced  
1 cup coarsely chopped strawberries

1 1/2 Tbsp lemon juice  
Whole grain tortilla chips

### Directions

Combine watermelon, nectarine, strawberries and lemon juice in a medium bowl. Chill 2 to 3 hours. Serve with tortilla chips. Serves 8.

## Frugal continued from page 17

For Central Iowans, traveling by plane is suddenly more affordable, thanks to the appearance of smaller commuter airlines that fly out of the Des Moines International Airport. Check out Allegiant Air ([www.allegiantair.com](http://www.allegiantair.com)) and Air Tran ([www.airtran.com/Home.aspx](http://www.airtran.com/Home.aspx)), which boast nonstop flights to Orlando and California. While casting around for economical airline tickets, you may also snag a deal on a hotel, rental car or both.

Using a credit card that pays bonuses can yield free airline tickets if you are careful to read the fine print. Some credit cards charge a yearly fee of \$50 or \$75 for this benefit. Others may require that you charge as much as \$25,000 before receiving any free miles. The offers vary widely, but if you can navigate your way to free airline tickets, you'll be money ahead for essentials like

ice cream.

While you're looking for the best prices on hotels or admission to museums, don't forget to ask for discounted memberships to AARP, AAA, or other professional or alumni associations.

Finding an inexpensive place to stay is tricky, especially for three or more people. However, if you're adventurous you can save hundreds or even thousands of dollars by trying one of these ideas:

- Stay with a family member, former neighbor or old friend for a few days, but the general rule is to limit your stay to no more than four days. (OK, you probably thought of this, but I had to include it to remind you.)
- Connect with distant relatives if you're on your way to an out-of-state family reunion. Ask around to see if the host families know of relatives with extra guest rooms. Then plan to reciprocate in the future.

- Exchanging houses with someone from a city you want to visit is more than a fictional idea from the novel "Tara Road," by Maeve Binchy. You can list your home on a website such as [www.homexchangevacation.com/default.asp?p=77](http://www.homexchangevacation.com/default.asp?p=77). Once registered, you'll receive information about other opportunities that allow you to exchange e-mails with like minded folks. Borrow a timeshare. Perhaps a friend or family member won't be using their timeshare this year. Ask to use it for a price.

If this is your year to book a cruise, you may find a bargain at <http://mycheaptravel.com>, which deals exclusively with cruises from dozens of companies boasting adventures all over the world.

You're all set for your next vacation. One more tip: Before you leave home, hold your mail without a trip to the post office. Visit <https://holdmail.usps.com/holdmail/landingView.do>. Bon voyage.



# a FACETED woman

**Name:** Sanja Cooklin

**Age:** 41

**Position:** Full-time mom and part-time empowerment coach in private practice in Ames.

**Family:** Husband, Chris; 18-year-old son Viktor (from my first marriage), 4-year-old daughter, Sabrina; and 2-year-old son, Adam.

**What would you do with \$1,000 to spend on yourself?** I would buy a ticket to my native Croatia — I haven't been back home for 14 years!

## 1. Your favorite

**meal:** My mom's potato dumplings stuffed with whole plums and covered with browned bread crumbs ... Probably not the healthiest dish out there, but it screams "comfort food" for me ... Can you tell I'm homesick?!

## 2. I never leave home

**without:** A black eyeliner, my planner, my cell phone, several business cards and a couple of pens.

**3. Your favorite motto:** "Follow your bliss."  
— Joseph Campbell

**4. What makes you happy?** Snuggling with my children. Seeing expressions on my clients' faces when they overcome severe emotional trauma caused by abuse, rape, accidents, war — often in just a couple of sessions.

**5. What makes you feel confident?** A reliable babysitter when I'm at work.

**6. What makes you laugh?** My 2-year-old son's antics. The other day I found him happily painting a table with his leftover strawberry yogurt. After wiping the mess clean, I went to wash my hands, only to find out that he had gotten into my feminine supplies, and used my pantliners as stickers — all over the bathroom! Just as I had recovered from the initial shock, my husband came in

to ask if I had any idea who put chocolate muffins into his shoes! On top of everything, my 4-year-old daughter complained that she couldn't wear her sneakers as both her shoelaces went missing ... So, in about 10 minutes, little Adam had our whole household upside-down.

**7. What have you accomplished that has made you proud?** Being the mother of three amazing children during the day, while

*Faceted woman please see page 20*



Contributed photo

*Sanja enjoys some family time with her son, Viktor, left, daughter, Sabrina, husband, Chris, and son, Adam. The family was attending Sabrina's first ballet recital.*



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*Faceted woman continued from page 19*

growing my part-time practice into a nationwide business in the evening. I have the best of both worlds!

**8. Do you believe in New Year's resolutions? Did you have one this year?** Not really. Why should I wait for the rest of the year to pass to make a potentially life-changing decision?

**9. Best tip to look and feel great:** Smile. Laugh out loud. Surround yourself with happy and positive people, stay active, live your passion, be thankful for all of your experiences, and give back to your community. Be a sensible rather than an emotional eater, be genuinely interested in others, and recognize the body-mind-spirit connection in yourself. Oh, yes, and practice Emotional Freedom Techniques (aka EFT or Tapping) as a wonderful stress-management and personal development tool.

**10. If you could do or be anything you want, what would it be?** An internationally known author and speaker. I'm getting there ... My first book, "Call Your Power Back! Heal from Your Childhood Sexual Abuse and Reclaim Your Life," is already creating some international buzz and it's



Contributed photo

*Sanja, right, with several participants of an EFT class at Wheatsfield.*

not even published yet.

**11. How do you reward yourself?** Buying books. And more books. Just ask my husband!

**12. My idea of a nightmare job:** Ha, I already have one, but it's a very positive experience — helping children and adults alike collapse their fears, phobias, and recover from their nightmares using cutting-edge tools.

**13. My simplest pleasure:** Reading bedtime stories with my little ones. They get so animated!

**14. I crave:** A good night's sleep. My youngest son used to have severe food allergies to milk, eggs, peanuts and tree nuts, and since he was a fussy baby, with frequent ear infections and hives all over, I haven't slept through the night in more than 2 1/2 years. However, thanks to EFT, his allergies are no longer detectable, he can eat all of those foods without any reaction whatsoever, and we're developing some good sleeping habits now.

**15. When I am an old lady:** I can see myself traveling around the world and staying in touch with many friends and family. I hope to be surrounded with grandchildren and teach them to be respectful of all life.

**16. I am thankful for:** The opportunity to expand my horizons, connect with so many wonderful people on the heart-to-heart level,

and — hopefully — make a difference.

**17. Favorite wardrobe staple:** A pair of black slacks and knee-high nylons. Who would want to risk yet another pantyhose run while jumping over LEGO castles and Tinkertoy creations in my living room?

**18. What financial advice would you give other women?** You're smarter than you think and you will probably outlive your husband. Plan your own financial future. Make sure that you know how to pay bills, where all the important papers are, how to invest. Look up Suze Orman — she provides great financial advice for women and your local library is sure to have her books and DVDs.

**19. How do you give back to your community?** I feel that it's my moral duty to share my passion about EFT with Iowans. Every single month, for more than a year now, I offer free presentations throughout Ames, plus a screening of the globally acclaimed EFT documentary film "Try It On Everything" at the Ames Public Library. I give 10 percent of my income to charity supporting children and gladly participate in fundraising for worthy causes.

**20. What kind of chocolate do you like or prefer?** Sorry to disappoint you, but I really don't care about chocolate very much! Actually, I teach people how to overcome different cravings, and chocolate can be very fun to work with, especially with volunteers in front of a live audience.

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## No matter what your situation is The Ames Contracting Team can help...

Sally Hanna needed more space. After nearly thirty years in her home, she had outgrown its 960 square feet. "I had been thinking about adding more space for quite some time and I finally decided I was just going to do it," she recalled. With one call to Geisinger Construction, Hanna had the entire Ames Contracting Team at her service and within weeks she was relaxing in her glorious new sun room.

Hanna had worked with Geisinger before and knew they were the right contractors for the project. She was thrilled to benefit from the expertise of Thompson Electric and Flooring Gallery in the process. "I found them to be the most pleasant people. They were very cooperative. They had good ideas and they listened to my ideas. They were very helpful and knowledgeable," she said.

Geisinger Construction built a sun room which added 400 square feet of living space to the small home. Thompson Electric added recessed lighting and a new ceiling fan, while Flooring Gallery installed beautiful oak flooring and refinished the floors

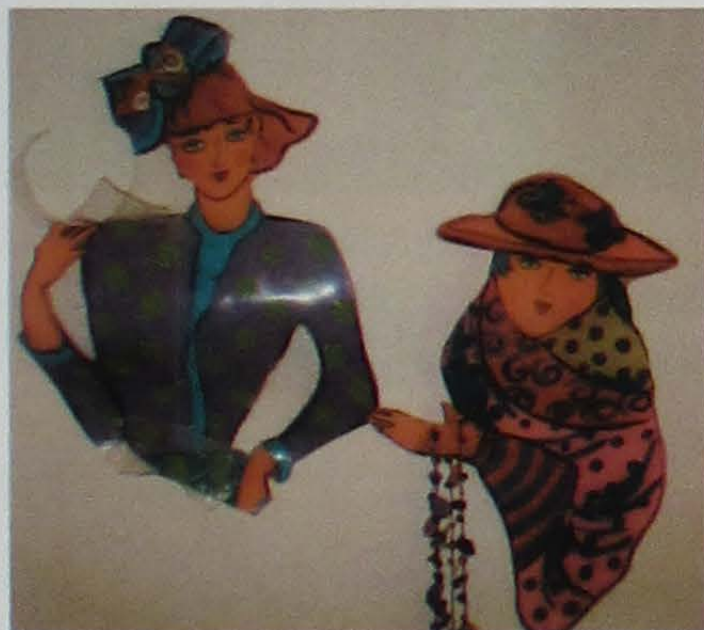
throughout the house to match. The entire room was painted in dramatic colors to match Hanna's unique style.

She was particularly impressed with the speed with which the job was completed. The project began in early December and was finished by mid-January. She credits a well managed crew with the swift completion. "There was hardly any downtime," she said. "It was very well coordinated."

Crayon pictures of Mr. and Mrs. Claus decorated the wall when Hanna began to move things into her new space in January, a special gift from two Geisinger children. The artwork fits right in with an eclectic assortment of treasures Hanna has collected from all over the world. "I am an international traveler," she explained. The room serves as a showcase for her collection and a testament to her personality. "It is a very joyful room!" she described with enthusiasm.

It also provides a peaceful and welcoming space to relax between adventures. Hanna uses the room to read, enjoy music and work on the computer while her beloved Maltese rests in the sunshine of the east and south facing windows.

"I can't imagine what this small house was before," she said. "I am thrilled. I just don't know why I waited so long to do this."



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# hue&cry

Definition: Any loud clamor or protest intended to incite others to action.

BY MARY HALSTRUM, *Facets Editor*



**A**s my family's economic outlook this summer is not much better than last, any getaway we take this year will be close to home. And that might not be so bad. Taking a couple of shorter, close-to-home trips will cost less than a 10-day vacation and allow us to travel around the Midwest, which, I'll admit, I haven't done a lot of. Oh sure, I've driven through Nebraska, but only to get to Colorado. I haven't been to Chicago since I was a teenager; ditto for Kansas City. I'm a little ashamed to admit that in years past I've sort of taken for granted all the interesting sites within a day's drive of Des Moines.

For example, South Dakota features many attractions including Mount Rushmore, the Black Hills and the childhood home of Laura Ingalls Wilder. My older daughter, Katharine, has been begging us to take an excursion to a dude ranch in South Dakota, so that's one of the options we're considering this summer.

There is a plethora of close-to-home vacation possibilities. Venture south to Kansas City and check out Worlds of Fun and Oceans of Fun. Or head east to Chicago, home of the Sears Tower and the Chicago Cubs. There's always Omaha with the Joslyn Art Museum and Henry Doorly Zoo. Travel north on Interstate 35 to Minnesota and check out Paul Bunyan Land, an amusement park near Brainerd on Highway 18. There is also Canal

Park in Duluth, which features Lake Superior Zoo, the Great Lakes Aquarium, boat tours and boat trips, train excursions, a children's museum, Thrillz Indoor Amusement Park and the Omnitheatre.

And if a hotel stay and on-the road meals don't fit into your budget, there are several places to go on a day trip. The Amana Colonies, for instance. On July 2, Art Night in the Amana Colonies offers visitors behind-the-scenes tours as artisans open up their galleries, workshops and studios. The Millstream Brew-au Beach Party, featuring beach games, food and drink, luau and live beach music, is set for July 31. For more information about the Amana Colonies, go to [www.amanacolony.com](http://www.amanacolony.com).

For really close-to-home fun, Ames, Des Moines, Indianola and Boone all have plenty of attractions of their own.

The new Furman Aquatic Center in Ames celebrated its grand opening May 29. As far as aquatic centers go, it's a sight to behold, featuring a drop slide and a lazy river. Officials at parks and recreation expect to see about 80,000 visits to the center this season.

The Boone & Scenic Valley Railroad is also on the agenda this year for me and the girls. We might just go all out and try the dinner train. Having never been on a train before, this is one I'm most excited about. For reser-

vations or information, call 1-800-626-0319.

Indianola features the National Balloon Museum and Ballooning Hall of Fame. I lived in Indianola for about four years during my childhood, and have many fond memories of my mother waking me up early in the morning during the National Hot Air Balloon Championships to watch the balloons take off. The annual event was held in Indianola from 1971 through 1988. Since that time, the Nationals have moved around to various parts of the country. However, Indianola is now host of the National Balloon Classic, which runs July 30 to Aug. 7. This event features hot air balloons, balloon rides, competitions and family entertainment.

And last but not least, come mid-August, the Iowa State Fair rolls into Des Moines. This is another can't miss for our family, and especially this year as Katharine is participating in a spelling bee at the fair Aug. 13. I'm already saving my money to purchase a purseful of tickets to the big yellow slide, our favorite ride.

No matter where we go this summer, spending time with family is always worthwhile, fun and interesting.

Here's hoping all of you have a safe and happy summer!



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